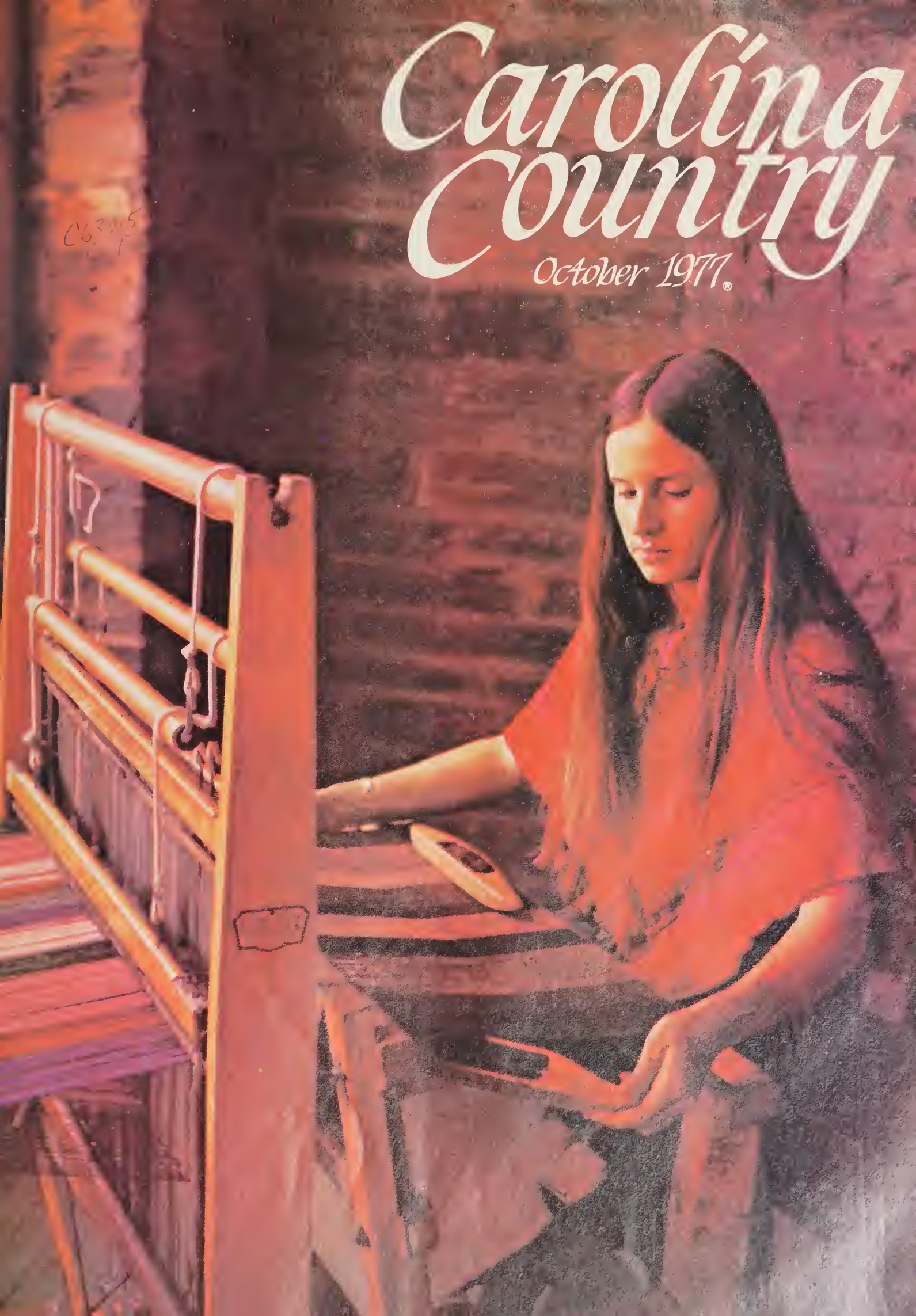
Carolina
Country
October 1977

Spreading The Conservation Gospel

Energy conservation is getting the spotlight from various directions these days, with the Carter Administration pressing Congress to establish incentive programs to encourage it, with a state tax credit for home weatherization already on the books, with federal loans being made available for such projects by the poor, and with scads of media coverage in virtually every quarter.

See related stories, Pages 8-13

Editorials

For the leaders of the nation's rural electric cooperatives, this intense spotlight may make for crowded conditions on the conservation bandwagon, as lots of newcomers jockey for position on a vehicle where the co-ops have had reserved seats for years.

As consumer-owned power systems, the cooperatives have always stressed the importance of using electricity as efficiently as possible, even during the period not so long ago when power was available at bargain prices and the energy crisis was unheard of.

Since that crisis has come to be recognized as a reality, the co-ops have given even greater emphasis to promoting conservation among their consumer-members.

And, they're delighted to share their seats with the new converts in hopes of making the bandwagon a platform for spreading the conservation gospel—a litany of dwindling energy resources, spiraling power costs and the need for drastically reducing consumption.

Authorities in the field have been preaching from this text for many months, assuring us that new technologies can help in the future but we'll get there without serious problems only if we become a nation of energy-misers.

Thus, the message from the bandwagon-platform should be clear enough: we're all in this together and we must work together on conservation or there can be no energy "salvation" for any of us.

A Hedge Against Higher Bills

Amid the hoopla that has accompanied the nation's new fascination with energy conservation, many Americans may have missed an important point regarding the potential savings they might realize from such steps as insulating their homes.

It relates to how those savings show up on the monthly electric bills.

The savings are real enough and can be projected with a high degree of accuracy. For example, experts in the field say proper ceiling insulation in a typical 1,500-square-foot house with electric heat would reduce power use enough to save the homeowner about $600 in a single heating season.

But, he may not see a direct, corresponding reduction in his electric bills. This is because the cost of power is rising so rapidly that it could easily absorb the savings from the ceiling insulation project from one winter to the next.

Of course, the homeowner would still benefit from the savings, for they'll mean his bills will be *lower than they would have been without the insulation,* although they may not be lower than they were the previous year. In effect, the investment in insulation would become a hedge against higher electric bills.

In the glossary of energy terms, then, *weatherization* may be synonymous with *savings*—but not necessarily with *reduced electric bills.*

Carolina Country®

Read Monthly In More Than 260,000 Homes

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COVER—In this Bruce Roberts photograph, Eleanor Hornblower works on a colorful weaving at the Penland School of Crafts in the North Carolina mountains. The photo was made several years ago and originally appeared in a publication of the U.S. Information Agency. Weaving is but one of the many handicrafts and other elements of folk art that'll be preserved in a unique Folk Art Center now being built at Asheville. For details, see story, Pages 26-27.

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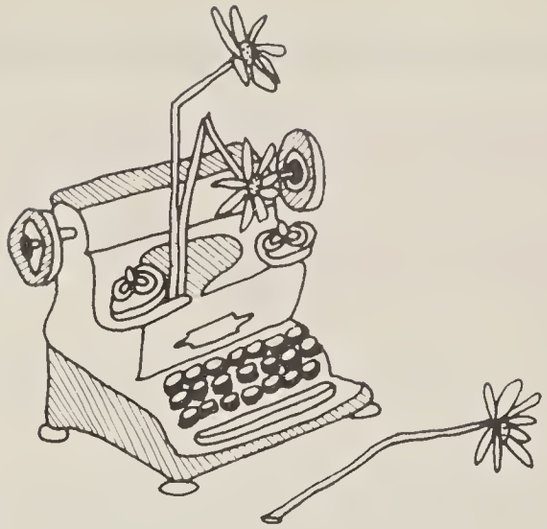

rural electric Notebook

HOME INSULATION SAVINGS

Home insulation saved an average of 33 percent on heating costs last winter for low-income homeowners who participated in the first phase of a home insulation program sponsored by the Tennessee Valley Authority.

The savings in the demonstration homes averaged $120 for the winter season on electric heating bills, according to TVA officials. The reduction in heating bills ranged from 21 to 49 percent for individual homes.

CONFLICTING POLICIES

In a recent issue of N.C. State University's Tar Heel Economist, F.A. Mangum and E.C. Pasour, Jr. of the NCSU Department of Economics and Business offer this intriguing observation on mandatory governmental controls to reduce energy use:

The controls, they wrote, "have the disadvantage of having unforeseen perverse effects. Consider, for example, the current system of taxing domestic production of crude oil and using the proceeds to subsidize imports. Rather than helping the United States achieve energy independence (a stated goal), this policy has actually INCREASED U.S. imports from OPEC countries."

POWER SHORTAGES EXPECTED

A new study by the National Electric Reliability Council has concluded that uncertainties of completion of generating units and adequacy of fuel supplies raise "the specter of inadequate generating capability to serve the electric load of the United States starting as early as 1979." And, once a deficiency of capacity is permitted to develop, it will take years to build the additional facilities required, the study report says.

The study was based on a projected growth in power needs of 5.7 percent a year for the next decade, while the historic growth rate has been between 7 and 7.5 percent.

TAX CREDIT FOR SOLAR

Solar energy advocates got a shot in the arm from a bill adopted by the 1977 General Assembly. It provides a tax credit for the installation of solar hot water, heating or cooling systems in homes and other buildings.

Individuals or corporations can get income tax credits of up to 24 percent of the installation and equipment cost of either system, with a maximum allowable of $1,000 per building.

The legislation sets energy saving standards for new structures, and also allows tax credits for home weatherization projects. (These credits and any such federal tax credits that may be adopted by Congress will be reviewed in a future issue of Carolina Country.)

AN IMPORTANT ANNOUNCEMENT...
TO ALL RE CONSUMERS CONCERNED ABOUT THE HIGH COST OF HEALTH CARE

According to the American Hospital Association, hospital care costs the average patient from $151 to $175 a day. The average hospital stay costs well over $1,000 and this does not include surgery, convalescent care costs etc. These extra costs can add thousands of dollars to the cost of a hospital confinement.

Most folks have some form of health insurance, but these plans may be inadequate with today's skyrocketing prices. A recent Social Security Bulletin indicates that most group plans, including Medicare pay less than 75% of expenses incurred as a result of hospitalization.

NRECA GROUP DAILY CASH HOSPITAL INCOME PLAN

FOUR EXCELLENT GROUP PLANS ARE AVAILABLE—Here is some information about one of these plans.

Group Enrollment Period (September 20 thru October 31)

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PAYS YOU CASH

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Benefit payments for covered confinements begin on the first day . . . no deductions.

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- ACCEPTANCE GUARANTEE

You cannot be turned down—no age limit.

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You will never be singled out for a rate increase, nor will it increase as you get older. Your lifetime rate is determined by your age today and cannot be changed unless done so for everyone insured under this RE group policy. (GRO-60-RE)

- PROTECTION GUARANTEE

The underwriter cannot single you out and cancel your protection because of your age or how many claims you make. As long as this policy is in force, your coverage is renewable for life.

WHO IS NRECA?

NRECA is your national association representing state and local RE Co-ops. We now serve over 7 million consumers in almost 1,000 local REC's across the country.

The insurance programs recommended by NRECA are designated "ELCO Programs." These ELCO group plans are available only to Co-op employees, directors and consumer members and are underwritten by CONTINENTAL AMERICAN LIFE INSURANCE COMPANY OF WILMINGTON, DELAWARE. These are National Programs and are not promoted or administered by local co-ops.

NRECA . . . RURAL AMERICANS HELPING RURAL AMERICANS FOR A BETTER LIFE

LET US HELP YOU!

William J. Plunket, Jr.,
Manager
NRECA Service Center
for ELCO Programs

As part of my job, I am constantly talking with rural Americans all across the country. One of the things we always talk about is health care and the high cost of hospitalizations. . . . I know it's a major concern to you.

- If you're also concerned about the increasing cost of health care—
- If you're also concerned about how you will pay the health care costs your group plan or Medicare does not pay—
- If you do not have a supplemental health plan in addition to your basic plan—
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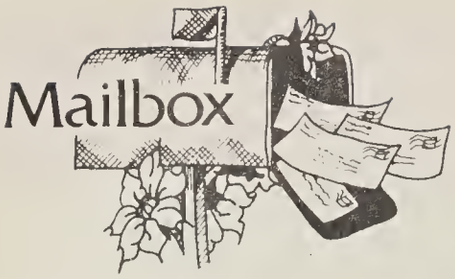

A copy of the July, 1977, issue of *Carolina Country* was just brought to me and the pictures of the carnivorous plants on the cover were very pretty. However, I believe you have mislabeled two of the pictures.

As Park Naturalist at Carolina Beach State Park, I am very familiar with the carnivorous plants since we have several species in the park. The top picture is, indeed, a pitcher plant—a purple pitcher plant (Sarracenis purpurea) to be exact. The second picture (clockwise) is definitely not a butterwort but the well-known Venus fly trap (Dionaea muscipula). I was not aware that the fly traps grew natively in Carteret and Craven counties. I would like to have this fact verified since it was originally thought that the Venus fly trap only grew naturally within a 75-mile radius of Wilmington, N.C. There is a type of carnivorous plant called a butterwort and it is a very small, inconspicuous plant.

The third picture appears to be the bloom of a yellow trumpet (Sarracenia flava), which is another species of carnivorous plant. I have never heard of a "parrot pitcher plant."

Cynthia L. Mann
Carolina Beach

You are correct that the second picture (clockwise) is a Venus fly trap, not a butterwort. U.S. Forest Service District Ranger Richard Mills says the plants are "quite abundant in Carteret and Craven Counties in the Croatan National Forest."

—From Bob Timberlake's letterhead

I just wanted to let you know how much I appreciate the great layout featured in the September 1977 issue of *Carolina Country*. You have presented *The Bob Timberlake Collection* in a most unique way.

Thank you once again for your unfaltering help.

Bob Timberlake
Lexington

According to Mills, the plants in the top and third pictures are both pitcher-plants (Sarracenia purpurea), commonly known as parrot pitcher-plants or fly-trap pitcher plants. The third picture, Mills said, is the hood of the plant which develops atop stems in July or August. The top picture is the plant in an earlier stage of growth.

Additional information and copies of the booklet, "Insect Eating Plant on the Croatan National Forest," where the photographs in question were originally published are available from the District Ranger, U.S. Forest Service, 435 Thurman Road, New Bern, N.C. 28560.

The picture of the pitcher plant on the July *Carolina Country* is very good. I have seen the plants between Phelps, Pungo and Alligator Lakes but I have never seen a picture of one in bloom, nor have I ever talked to anyone else who has seen them in bloom. The blossom resembles a toad stool growing up from the inside of the pitcher, with short spikes on the stem. The underside of the top is a thick layer of sticky pollen. An insect may use the stem as a ladder to climb out, but it will have to pass through the pollen on the underside of the blossom to gain its freedom.

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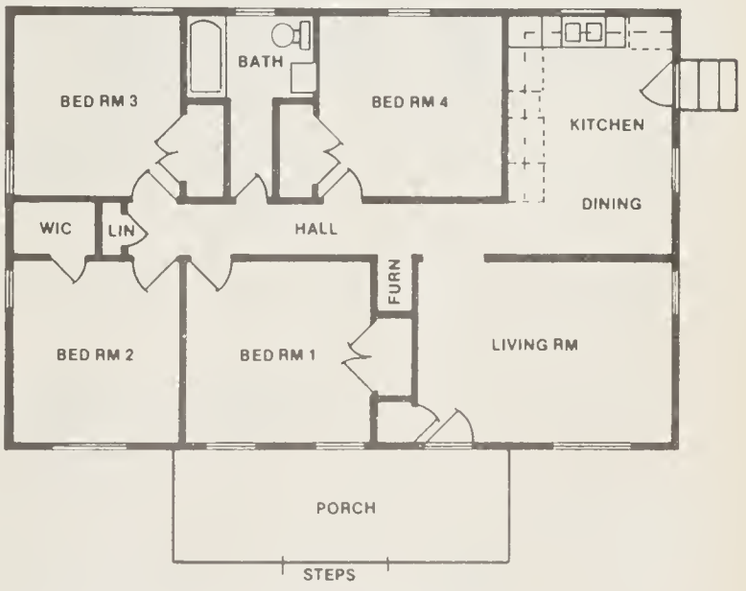

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Weatherize Your Home For Comfort And Savings

New Homes

The cost of the energy required to operate a house is determined more by the way the house is constructed than by any other factor.

Estimates vary, but it is possible to save as much as $280 per year in energy costs for a typical 1,500-square-foot home constructed according to specifications recommended by most Electric Membership Corporations. Over the 50-year life of the home, this adds up to a savings of $14,000 at today's energy prices! That could be as much as half the purchase price of the home, or more.

Specifications may include modified construction methods to allow the living space to be wrapped in an extra thick blanket of insulation. Windows and door spaces are designed for minimum energy loss, and usually the energy-efficient heat pump is recommended for central heating and cooling.

Most recommendations are based on the "Arkansas Plan," an energy conservation project conducted through the joint efforts of a major electric utility company there and the Department of Housing and Urban Development. As part of the project, new homes were designed to have a total heat loss of 65 per cent less than homes built according to the Federal Housing Administration's minimum standards.

Basically, the plan requires 12 inches of blanket insulation in the attic and six inches in the outside walls and under the floor. However, insulation requirements are stated in "resistance" or "R" values, and these values may be obtained by other combinations of materials or construction. The "Arkansas" homes require an R-38 insulation value in the attic, compared to a recommended R-19 value in conventional homes. In the outside walls and floors, the new homes require an R-19, compared to an R-11 value in conventional construction.

Modified roof trusses and six-inch exterior walls to accommodate the increased amounts of insulation are two of the major construction changes. Glass areas must not exceed eight per cent of the total floor area of the home and all windows must be double-glazed or equipped with storm sashes.

Outside doors are metal-faced with a urethene core and magnetic weatherstripping for an R-13.5 insulation value. Also featured are power attic ventilators with a thermostat control and shading devices to block at least 70 per cent of the sun's radiation from glass during the cooling season.

But, depending on which part of North Carolina you call home, your Electric Membership Corporation may recommend specifications that differ from the Arkansas plan, because of geographical considerations.

Davidson EMC, Lexington, for example, suggests that a lower overhead insulation level is adequate for their area. (R-30 rather than R-38.) And walls can be built using conventional four-inch studs with insulation that will afford an R-16 value or higher.

Check with your EMC for their recommendations for your new energy-saving home.

Existing Homes

After fueling the family car, Americans spend more on energy to heat their homes than for any other single purpose. Residential heating is estimated to take about 11 per cent of the nation's total energy output. As a result, few areas of energy use offer as much potential for savings—in both energy and money—as does home heating.

Owners of existing homes, especially those 10 years old or older, are almost certain to find that their homes are poorly constructed for efficient heating. Built when energy was cheap and little attention was given to energy waste, these homes generally are loosely constructed, drafty, and often lacking in adequate insulation.

As much as 50 per cent of electric heat bills for uninsulated houses represents sheer waste. Weatherization of the structures can stop most of this waste of energy and of money can and make the home more comfortable. The money saved on heat bills can pay for the materials and installation in a few years, sometimes in as few as one or two years. Do-it-yourself handymen usually can do most of the work, saving even more money.

On a typical 1,500-square-foot home in an area of moderate temperatures, a homeowner can save 17,500 kilowatt hours of electricity per heating season with proper ceiling insulation alone. This adds up to some $600 a year—probably more than the insulation would cost. Proper insulation under floors can save an additional 5,000 kilowatt hours. If the home is

(Continued on page 10)

Home Weatherization Priorities

Some homeowners may prefer weatherizing their homes in stages, rather than paying a contractor for a complete job.

But whether you take it one step at a time, or do it all at once, there are some principles to keep in mind, according to Peyton Holloman, an architect with the Farmers Home Administration in North Carolina.

Holloman said there are three principles that must be considered: insulation, ventilation and condensation. He listed the following steps to take when weatherizing existing homes, in order of importance.

1. Attic insulation—Be sure you have adequate attic ventilation when you install insulation over your ceiling. If adding insulation over existing insulation, be sure there is no vapor barrier attached to the new insulation. To prevent moisture from condensing on the insulation and leaking through it to ruin ceilings, it may be necessary to add air vents through the roof near the ridge or to install power ventilators for additional air circulation and subsequent removal of moisture.

2. Weatherstrip all outside doors, including adding a good threshold seal.

"Most cheap storm windows don't seal very well, but the cheapest storm window is also the most effective."

3. Add storm windows and doors—"Most cheap storm doors don't seal very well, but the cheapest storm window is also the most effective. It's the solid window. But it's more trouble than the others because it has to be removed each Spring."

4. Insulate under floors, leaving foundation vents open for air circulation. Remember that the vapor barrier on the insulation MUST GO TOWARD THE INSIDE OF THE HOUSE. Insulate all water pipes and heat ducts, both supply and return. Cover the earth under the house with sheets of four to six mil polyethelene. "Some people say their water pipes will freeze if they insulate under the floors and keep the foundation vents open, but that's an awfully expensive way to keep pipes from freezing. It's a lot cheaper to insulate the pipes."

5. Seal up holes in floors that have been cut for electrical wires and pipes. Cotton, oakum, caulking, putty and a number of other materials can be used to keep warm air from escaping the house through them.

6. Route surface water away from the house rather than letting it run underneath. Allowing it to channel under the house can cause moisture problems.

7. Do NOT install insulation in the walls of existing homes without the adivce of a representative of your Electric Membership Corporation. If installed when it's not advisable, condensation can form within inside walls, causing mildew, peeling paint and rotting of sill plates. Usually, a vapor barrier toward the inside of the house is needed to prevent such problems. Painting inside walls with two coats of latex paint can act as a partial vapor barrier. In this case, ceilings should be painted with an oil-base paint, which will allow moisture to escape into the attic. "An old woodsiding house without sheathing probably does need insulation in the walls without a vapor barrier. But it's always best to check with your EMC."

(Continued from page 9)

centrally air conditioned, proper ceiling insulation can save 1,500 kilowatt hours during the summer.

Even if your home had adequate insulation when it was new, the insulation probably has settled over the years, reducing its effectiveness. Too, with today's higher heating costs, it makes sense to increase the amount of insulation over the levels commonly used several years ago.

Insulation comes in many different types. Mineral or glass wool is available in the blanket or batt type, and in the loose fill type that comes in bags for pouring out or blowing between the joists in the ceiling. These and the cellulose fiber type of loose fill insulation are the most commonly used in homes. The millions of tiny air pockets in these materials are highly effective in slowing the flow of heat from your home. In

Insulation: What's Available

Insulation comes in a variety of materials in different shapes and sizes. Some types can be used for do-it-yourself applications but others require the skills of an experienced contractor. Here's a rundown on what's available.

•Batts-glass Fiber, Rock Wool.

Where they're used: unfinished attic floors, unfinished attic rafters, underside of floors. (Batts and blankets also may be easily built into walls during new construction.) Best suited for standard joist or rafter spacing 16" or 24" with space between joists relatively free of obstructions. Available in sections 15" or 23" wide. 1" to 7" thick, 4' or 8' long; with or without vapor barrier backing. Easy to handle because of relatively small size. Use will result in more waste from trimming sections than use of blankets. Fire resistant, moisture resistant.

•Blankets-glass Fiber, Rock Wool.

Where they're used: unfinished attic floor, unfinished attic rafters, underside of floors. Best suited for standard joist or rafter spacing of 16" or 24" with space between joists relatively free of obstructions. Available in sections 15" or 23" wide, 1" to 7" thick in rolls to be cut to length by the installer; with or without vapor barrier backing. A little more difficult to handle than batts because of size. Fire resistant, moisture resistant.

•Foamed In Place-ureaformaldahyde.

Where it's used: finished frame walls, unfinished attic floors. Moisture resistant, fire resistant. May have higher insulating value than blown-in materials; more expensive than blown-in materials. Quality of application to date has been very inconsistent; choose a qualified contractor who will guarantee his work.

•Rigid Board-extruded Polystyrene Bead Board (Expanded Polystyrene), Urethane Board, Glass Fiber.

Where it's used: basement walls. Note: Polystyrene and urethane rigid board insulation should be installed only by a contractor. It must be covered with ½" gypsum wallboard to assure fire safety. Extruded polystyrene and urethane are their own vapor barriers; bead board and glass fiber are not. High insulating value for relatively small thicknesses, particularly urethane. Comes in 24" or 48" widths. Variety of thicknesses from ¾" to 4".

•Loose Fill (Poured In) — Glass Fiber, Rock Wool, Cellulosic Feber, Vermiculite, Perlite.

Where it's used: unfinished attic floor. Best suited for non-standard or irregular joist spacing or when space between joists has many obstructions. Glass fiber and rock wool are fire resistant and moisture resistant. Cellulosic fiber chemically treated to be fire resistant moisture resistant; treatment not yet proven to be heat resistant, may break down in a hot attic; check to be sure that bags indicate material meets federal specifications. If they do, they'll be clearly labeled. Cellulosic fiber has about 30 per cent more insulation value than rock wool for the same installed thickness. (This can be important in walls or under attic floors.) Vermiculite is significantly more expensive but can be poured into smaller areas. Vermiculite and perlite have about the same insulating value. All are easy to install.

•Loose Fill (Blown In) — Glass Fiber, Rock Wool, Cellulosic Fiber.

Where it's used: unfinished attic floor, finished attic floor, finished frame walls, underside of floors. Same physical properties as poured-in loose fill. Because it consists of smaller tufts, cellulosic fiber gets into small nooks and corners more consistently than rock wool or glass fiber when blown into closed spaces such as walls or joist spaces. When any of these materials are blown into a closed space, enough must be blown in to fill the entire space.

Keep in mind that adding insulation to your home may require more ventilation to prevent excess moisture problems (see story on page 9). Be careful not to block existing attic vents when adding insulation, and consider using mechanical or power ridge ventilators or ventilation louvers in the gables or eaves. The latter type of vents should be 1/300 of your attic area if you don't have air conditioning, or 1/500 of your attic area if you do have air conditioning.

summer, they help maintain cool inside temperatures.

Not all insulation has the same insulating value, however. Six inches of one material may be more effective than six inches of another. For this reason, homeowners should buy insulation by its "resistance" or "R" value, rather than by its thickness. The R-value is represented by a number stamped on the batts or bags. And the higher the number, the more effective the material. On bags, the R-value is expressed in terms of the number of inches applied over a given number of square feet.

For existing homes, many EMCs recommend a minimum of R-19 insulation in the ceiling and R-11 under floors that span unheated spaces such as crawl space, garage or unfinished basement. Typically, about 45 per cent of heat loss is through the ceiling, about 20 per cent through the floor, and the rest through windows, doors and outside walls.

If you add insulation over existing insulation, be sure the old insulation has not been damaged by moisture. If it has been damaged, remove all of it and correct the moisture problem before installing new insulation.

If you have the work done by a contractor, ask friends, neighbors, Better Business Bureaus, your bank or your EMC about experiences they may have had with contractors. Ask a contractor for names of some of his recent customers—then contact them for their opinion of his service.

Ask for competing bids specifying R-values desired. And secure a guarantee that the contractor will correct any problems resulting from his work, and be sure that he has liability insurance to cover both damage to your property and injury to his workers.

Don't be swayed by scientific jargon that claims miracle properties for an insulation product. Most insulation materials have been on the market for many years, and they haven't changed much.

Established suppliers and manufacturers of insulation, and the industry's trade associations, are concerned about disreputable operators, because one bad experience can hurt the reputation of them all. Make sure you're not dealing with a fly-by-night insulation "contractor."

Don't be swayed by scientific jargon that claims miracle properties for an insulation product.

While inadequate insulation is the cause of the greatest heat loss, doors and windows are other areas of substantial energy waste. Weatherstripping all exterior doors and windows and caulking around the frames can seal most of the cracks.

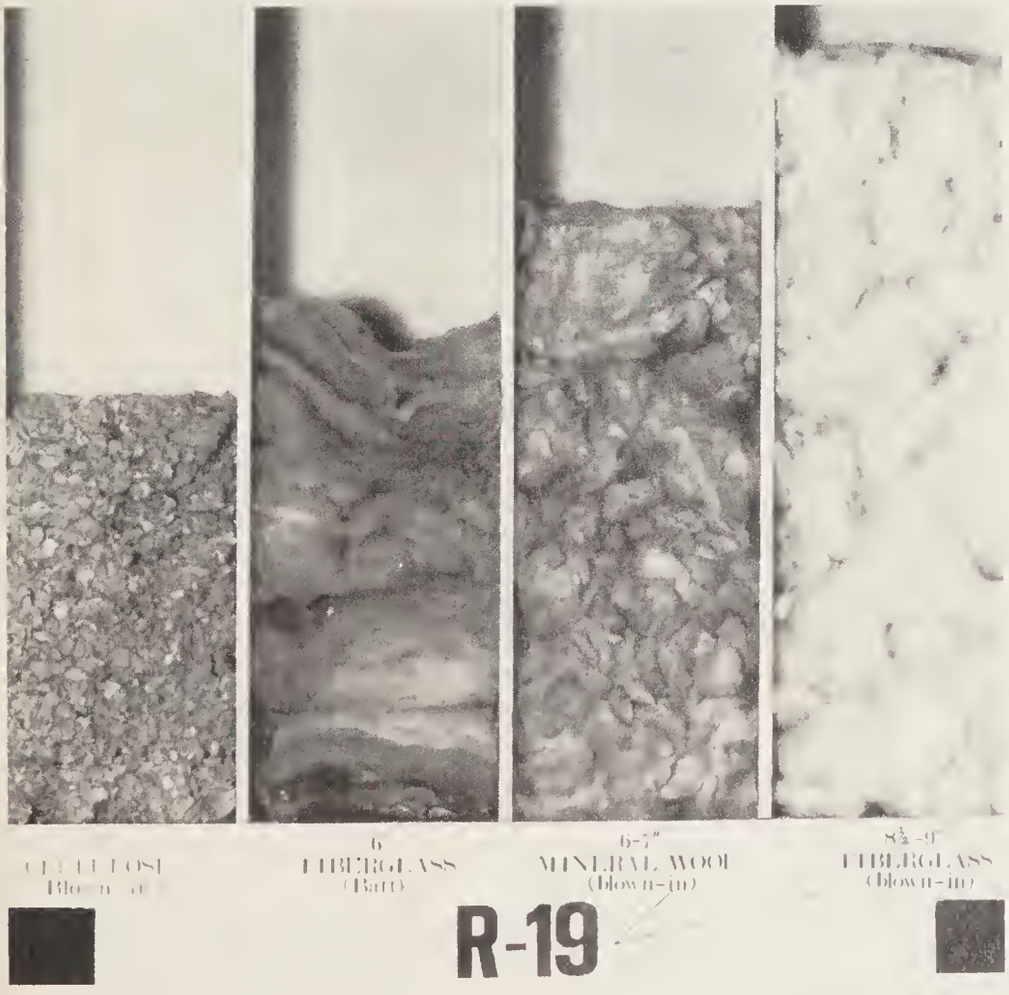
Storm doors and windows can be a good investment in preventing drafts and heat loss. They can save as much as 10 per cent on heating costs. For families who cannot afford storm windows, inexpensive sheets of clear plastic attached over outside windows are about as effective. These sheets normally will last a year.

After heating the home, heating hot water takes the next biggest chunk out of a family's wintertime energy budget.

Although water heaters come from the factory with insulation, it is not enough to prevent heat losses if the device is located in an unheated areas such as a basement or garage.

Additional insulation wrapped around the outside of the tank can cut these heat losses, according to the results of a study conducted last winter involving water heaters located in a basement with an average temperature of 50 degrees. Wrapping the water heater tank with R-11 blanket type insulation resulted in savings up to 65 kilowatt hours a month—enough to pay for the insulation in less than a year. Special insulation packages are manufactured for water heaters, but they are more expensive than ordinary blanket

(Continued on page 23)



North Carolina Project Conserve

ENERGY BLANKET

QUESTIONNAIRE

Tar Heel homeowners and renters can now get professional advice on how to cut their home energy use as much as 20 per cent. The state's Energy Division has started a computerized program for those who live in houses (apartments and mobile homes are not included.).

If you're interested in the free program, fill out the questionnaire below, clip it from the magazine and mail it with your name and address to **North Carolina Department of Commerce, Energy Division, P.O. Box 26088, Raleigh, N.C. 27611.** The information will be analyzed and you will receive a homeowner report complete with recommendations on how to make your home more energy efficient. You'll be told what should be done, about how much it would cost, and how much you could save by making the suggested improvements.

The information you provide is strictly confidential. If you need assistance, call the state's **Energy Hotline at 1-800-662-7131** toll free. (In Wake County, call 733-2540.)

Please answer every question

General Information

1. **When was your home built?**
   - ☐ prior to 1920
   - ☐ 1921-1945
   - ☐ 1946-1965
   - ☐ 1966 to present

2. **What type is your home?**
   - ☐ one-story
   - ☐ split-level
   - ☐ two-story
   - ☐ three or more stories

3. **When was your heating system last cleaned or serviced?**
   - ☐ less than 6 months ago
   - ☐ 6 months to 1 year ago
   - ☐ 1 to 2 years ago
   - ☐ more than 2 years ago
   - ☐ not serviced

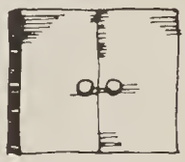
4. **What indoor temperature do you attempt to maintain in your home in the winter during:**

daytime:	evening:	night:
☐ 55°-59°	☐ 55°-59°	☐ 55°-59°
☐ 60°-64°	☐ 60°-64°	☐ 60°-64°
☐ 65°-68°	☐ 65°-68°	☐ 65°-68°
☐ 69°-75°	☐ 69°-75°	☐ 69°-75°
☐ above 75°	☐ above 75°	☐ above 75°

5. **Approximately, what is the total square footage of heated living area in your home?** (To estimate living area, multiply the length times the width of your home and then multiply that number by the number of heated and utilized stories.)
   - ☐ 800 or less
   - ☐ 800-1,000
   - ☐ 1,001-1,200
   - ☐ 1,201-1,400
   - ☐ 1,401-1,600
   - ☐ 1,601-1,800
   - ☐ 1,801-2,000
   - ☐ 2,001-2,200
   - ☐ 2,201-2400
   - ☐ 2,401 or more

Doors

6. **The following are diagrams of common types of exterior (outside opening) doors. Enter below each diagram that most closely resembles your doors the number of each type of door in your home. Do not include doors that open into garages.**



Double Wood

Wooden

Sliding Glass Door

Number of Doors: ☐ ☐ ☐

Wood & Glass

Door with Vestibule

Dutch Door

Number of Doors: ☐ ☐ ☐

7. **How many of your doors are equipped with storm doors?** ☐

8. **On a cold, windy day can you feel air leakage near the doors even when the doors are closed?**
   - ☐ all
   - ☐ some
   - ☐ none

9. **Do you have weather stripping and/or caulking around your exterior doors?**
   - ☐ All
   - ☐ Some
   - ☐ None

Air Conditioning

10. **Is the entire living area of your home air-conditioned?**
    - ☐ yes
    - ☐ no

    If your home is not air-conditioned, skip to Question No. 13.

11. **What type of equipment is used in your home for summer cooling?**
    - ☐ electric central air conditioning
    - ☐ gas central air conditioning
    - ☐ one or more window or wall mounted units

12. **What indoor temperature do you attempt to maintain in your home in the summer during:**

daytime:	night:
☐ 70° or less	☐ 70° or less
☐ 71°-74°	☐ 71°-74°
☐ 75°-78°	☐ 75°-78°
☐ above 78°	☐ above 78°

Energy Costs

13. **What fuel is used by your heating system?**
    - ☐ gas
    - ☐ oil

☐ electricity ☐ coal
☐ propane ☐ kerosene

14. For the fuel you checked in question 13, estimate your total bills for the last twelve months. (Example: if you heat with gas, estimate your total gas bill for the last twelve months.)

☐ $200 or less ☐ $601-$700
☐ $201-$300 ☐ $701-$800
☐ $301-$400 ☐ $801-$900
☐ $401-$500 ☐ $901-$1,000
☐ $501-$600 ☐ $1,001 or more

15. If the fuel you use for summer cooling is different from your heating fuel, estimate its total cost to you for the last twelve months. (Example: if you heat with gas but use an electric air conditioner in summer, estimate your total electric bills for the last twelve months. Do not answer if you use the same fuel for heating and cooling.)

☐ $200 or less ☐ $601-$700
☐ $201-$300 ☐ $701-$800
☐ $301-$400 ☐ $801-$900
☐ $401-$500 ☐ $901-$1,000
☐ $501-$600 ☐ $1,001 or more

Attics

16. Do you have an attic or crawl space under your roof?

☐ yes ☐ no

If you have no attic or crawl space under your roof, go on to Question No. 23.

17. Is your attic area heated?

☐ yes ☐ no

18. Do you have permanent flooring installed in your attic?

☐ yes ☐ no

19. Does your attic have vents or windows that provide ventilation?

☐ yes ☐ no

20. Is your attic equipped with an exhaust fan?

☐ yes ☐ no

21. How much insulation is in the floor of your attic?

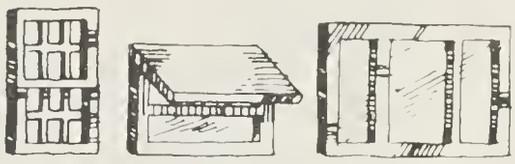
☐ 1-2 inches
☐ 3-4 inches
☐ 5-6 inches
☐ 7-8 inches
☐ 9 or more inches
☐ none
☐ unknown

22. What does the insulation in your attic look like?

☐ loose particles ☐ none present
☐ blankets or batts ☐ unknown

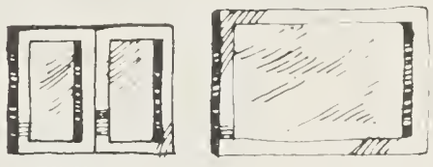
Windows

23. The following are diagrams of common types of windows. Enter below each diagram that most closely resembles your windows, the number of each type of window you have in the heated living area of your home. Also indicate whether or not the windows have wooden frames. Don't forget basement windows if you include the basement in the heated living area of your home.



Double Hung | Tilting | Casement

	Double Hung	Tilting	Casement
Number of Windows:	☐	☐	☐
Wood Frame:	☐ yes ☐ no	☐ yes ☐ no	☐ yes ☐ no



Sliding Pane | Picture or Bay

	Sliding Pane	Picture or Bay
Number of Windows:	☐	☐
Wood Frame:	☐ yes ☐ no	☐ yes ☐ no

24. How many windows are equipped with either storm windows or double glazing? ☐

25. Do your windows rattle?

☐ all ☐ some
☐ none

26. On a cold, windy day can you feel air leakage even with the windows closed?

☐ all ☐ some
☐ none

27. Do you have weather stripping and/or caulking around your windows?

☐ all ☐ some
☐ none

28. What type of fuel is used by the following appliances in your home?

cooking stove:
☐ gas ☐ propane
☐ electricity ☐ oil

oven:
☐ gas ☐ propane
☐ electricity ☐ oil

water heater:
☐ gas ☐ propane
☐ electricity ☐ oil

clothes dryer:
☐ gas ☐ propane
☐ electricity

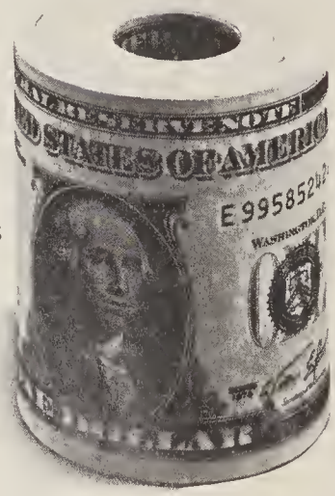
29. Do you have the following energy consumers in your home?

color television set ☐ yes ☐ no
outside gas light ☐ yes ☐ no
frost free refrigerator ☐ yes ☐ no
frost free food freezer ☐ yes ☐ no

The last word in agricultural financing... is financing.

Financing is our only business. Agriculture is our most important customer.

Successful farmers and their cooperatives often use financing to help with problems and opportunities. Your Farm Credit System has the knowledge, experience and resources to provide all phases of agriculture with sound, dependable financing. We've done it longer and we do it better than anyone else, because we are owned and controlled by those we serve—the people in agriculture.



Land Bank Associations can provide capital on a long-term basis for farmers and farm families, while PCA's offer short and intermediate-term capital for these needs. The Columbia Bank for Cooperatives provides capital to meet the needs of farmer cooperatives. Our financing is geared to individual situations with repayment schedules that are based on expected income.

When you need capital, talk to the folks at Farm Credit. We're the agricultural experts who understand the word "financing."

But don't just take our word for it—ask your neighbors!

Production Credit Association
Short and intermediate-term Farm Credit

Bank for Cooperatives
Financing for Farmer Cooperatives

Federal LAND BANK Association
Long-term Farm Credit

FARM CREDIT SERVICE

Production Credit Association

Federal LAND BANK Association

Bank for Cooperatives

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Charlotte
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Elizabethtown
Ellerbe
Fairmont
Fayetteville
Franklin
Fuquay-Varina
Goldsboro
Graham
Greensboro
Greenville
Henderson
Hendersonville
Hillsborough
Jacksonville
Kenansville
Kinston
Laurinburg
Liberty
Louisburg
Lumberton
Marshall
Monroe
Mocksville
Murphy
Nashville
New Bern
Newton
Oxford
Pilot Mountain
Plymouth
Raeford
Raleigh
Reidsville
Rocky Mount
Roxboro
Rutherfordton
Salisbury
Sanford
Shallotte
Shelby
Siler City
Smithfield
Snow Hill
Statesville
Swan Quarter
Tarboro
Taylorsville
Trenton
Wadesboro
Warrenton
Washington
Waynesville
Weldon
Whiteville
Williamston
Wilson
Windsor
Winston-Salem
Yadkinville
Yanceyville

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Albemarle
Asheboro
Asheville
Boone
Burgaw
Burnsville
Carthage
Charlotte
Clinton
Concord
Elizabeth City
Elizabethtown
Ellerbe
Fayetteville
Franklin
Fuquay-Varina
Goldsboro
Graham
Greensboro
Greenville
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Hendersonville
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Louisburg
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Mocksville
Monroe
Murphy
New Bern
Oxford
Pilot Mountain
Plymouth
Raleigh
Reidsville
Roxboro
Rutherfordton
Sanford
Shelby
Siler City
Smithfield
Statesville
Swan Quarter
Tarboro
Wadesboro
Warrenton
Washington
Waynesville
Whiteville
Wilkesboro
Williamston
Wilson
Windsor
Winston-Salem
Yadkinville
Yanceyville

Columbia Bank for Cooperatives
District office:
P. O. Box 1493
Columbia, S. C.
29202
Telephone
(803) 799-5000

For Monopolistic Practices

EMCs Sue Two Power Firms

North Carolina Electric Membership Corporation and 16 of its member EMCs have filed a $150 million lawsuit against Carolina Power and Light Co. and South Carolina Electric and Gas Co., charging that the two giant utilities have engaged in monopolistic practices.

The suit, filed in Federal District Court in Greensboro Aug. 18, claims the two firms have prevented the EMCs from developing their own generating plants by restricting their access to bulk power "exchange services."

Suit Affects 16 EMCs

The EMCs involved in the anti-trust suit against CP&L and South Carolina E&G are Haywood, Waynesville; Pitt & Greene, Farmville; Four County, Burgaw; Piedmont, Hillsborough; Halifax, Enfield; Randolph, Asheboro; Harkers Island; Brunswick, Shallotte; Jones-Onslow, Jacksonville; French Broad, Marshall; Wake, Wake Forest; Tri-County, Goldsboro; Lumbee River, Red Springs; South River, Dunn; Carteret-Craven, Morehead City; and Central, Sanford.

The services involve arrangements under which various power companies purchase electricity from one another to adjust to changes in customers demand.

The cooperatives would have to be allowed to participate in such an arrangement, according to the lawsuit, for construction of their own generating facilities to be feasible. Up to now, the suit charges, the utilities have restricted the cooperatives' access to this power exchange grid.

The suit asks the court for a permanent injunction requiring the defendant companies to deal with them on an equal basis in the exchange of power, and for damages amounting to $150 million.

The figure for damages is based on the EMCs' contention that they could have saved their members about $50 million over the past four years if they had been operating their own generating facilities. Under the anti-trust laws, if they can prove their case, they can collect three times that amount.

The EMCs buy more than 90 per cent of their overall power requirements from the three major utilities serving North Carolina, with the remainder coming from hydroelectric projects supplied by the Southeastern Power Administration, an agency of the U.S. Department of Interior. All of the power is purchased at bulk or wholesale rates for resale to the consumer-members of the cooperatives.

"If we want to sell power that is competitive in price and reliable as that obtainable from existing suppliers, we must be able to get special kinds of electric power from the power exchange grid," said Alton P. Wall, acting general manager of N.C.EMC, the state association of electric co-ops.

N.C.EMC, which filed the suit on behalf of 16 of its member co-ops, was organized as a power generation and transmission agency but has been unable to function in that capacity primarily because of the activities of CP&L, South Carolina E&G and two other former members of the CARVA Power Pool, according to the suit.

The EMCs claim the four former CARVA Pool members, which also included Duke Power Co. and Virginia Electric and Power Co., operate a power exchange grid which has never been available to the co-ops except in limited cases. Neither Duke nor VEPCO were named as parties to the suit.

INCREDIBLE PLAN FOR AUTOMATIC WEIGHT-LOSS!

Now! Lifetime Freedom From Fat

WITH DOCTOR'S AMAZING "COFFEE-OFF" PROGRAM

FOR CUP-TO-CUP WEIGHT-LOSS!

Think of it! You actually sip your appetite to sleep for hours at a time — sip yourself slimmer cupful to cupful — take your FINAL STEP TO LIFETIME SLIMNESS with the new "Coffee-Off" way to a brand new body!

So effective, you LOSE up to 6 pounds the very first weekend — LOSE up to 12 pounds of both fluid and fat in just 14 days — LOSE as much as 20 — 30 — 40 POUNDS OR EVEN MORE . . . **(and never gain it back for the rest of your life)**, as medical science shows you how to turn ordinary coffee or tea into the most "DYNAMITE" FAT-MELTING aid you've ever seen in your life.

LIKE TURNING UP AN INNER FURNACE THAT SHRINKS YOUR BODY'S FAT CELLS — STARTING THE VERY FIRST DAY!

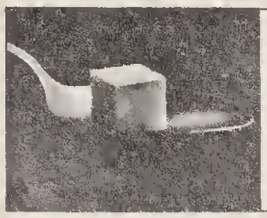
Just 60 seconds from now you are going to discover how to take your morning cup of coffee . . . drop in what appears to be an ordinary sugar-cube . . . and launch yourself on the most incredible FAT-BURNING SPREE you've ever heard of. Yes, a journey to 'lifetime slimness' so fantastic, that just a few short weeks after using this doctor's amazing "Coffee-off" weight-loss program you'll suddenly find yourself 5 — 10 — 15 pounds lighter . . . your belt size 1 — 2 — 3 notches tighter! Because for the first time in your life you are going to win INSTANT CONTROL over your appetite . . . become its master instead of its slave . . . actually SWITCH OFF that maddening urge for food for hours at a time . . . as you watch your waistline shrink itself down **by as much as a full size in just a single week!**

24 HOURS — up to 2 POUNDS GONE!
48 HOURS — up to 6 POUNDS GONE!
AND THAT'S JUST THE BEGINNING!

Just think of it! Ordinary coffee or tea suddenly transformed into a fantastic body-slimming aid that not only helps you melt away as much as 12 pounds the first 2 weeks — but even more amazing, helps you:

LOSE up to 4 to 6 inches off your waistline
LOSE up to 2 to 5 inches off your hips
LOSE up to 3 inches off your thighs
LOSE up to 4 inches off your buttocks
LOSE up to 4 inches off your stomach

all without a moment of torturous diet — without a moment of brutal, punishing exercise — without battling your willpower or fighting off gnawing hunger!



LIKE 4 HOURS OF WILLPOWER IN ONE TINY, TASTELESS CUBE

AMAZING "WILLPOWER-IN-A-CUBE" makes you master of your appetite instead of its slave . . . gives you INSTANT CONTROL OF HUNGER — LIFETIME VICTORY OVER FAT!

Most significant of all, as long as you follow this medically proven "Coffee-Off" lifetime slimness program, you actually become **totally immune to fat build-up for the rest of your life** — even if you've been hopelessly overweight for all your adult life.

NOW A LIFETIME OF SLIMNESS WITHOUT A MOMENT OF GNAWING HUNGER!

How can medical science make this lifetime dream come true? It's simple. Because one of America's leading weight-loss specialists has finally found a way to take ordinary coffee or tea . . . and convert it into a wondrous new kind of fat-fighting aid that SHUTS OFF EVEN A RUNAWAY APPETITE ON COMMAND! Yes, medical science has finally found a way to take ordinary coffee or tea and actually force hunger to STOP on the spot . . . make excess pounds and inches disappear from sight so fast . . . that in just 10 days time you will simply refuse to believe your bathroom scale — and in just a matter of weeks you may actually need a brand new wardrobe!

VITAL NOTICE:

Before starting this program, consult with your physician to be sure you are in normal health and your only problem is obesity. Individuals with high blood pressure, heart disease, diabetes, or thyroid disease should use only as directed by a physician. As a matter of fact, we urge you to show this entire program to your own family physician and see if he doesn't agree that this Lifetime Road To Slimness including the few minutes of nightly toneup the doctor highly recommends is by far one of the most medically sound, fully sensible approaches to the problem of obesity.

*ALSO NOTE: People who dislike coffee or tea may use "FULL-STOP" slim-cubes in clear bouillon for the same LIFETIME SLIMNESS results.

BEST OF ALL — NO CRAVING, NO SLIDE-BACK — YOU STAY SLIM FOR GOOD ON THIS LIFETIME SLIMNESS PROGRAM!

The secret is a medically-proven formula, (that to the eye looks just like an ordinary sugar-cube) . . . BUT, when activated in coffee or tea . . . enters your system and automatically SHUTS OFF YOUR APPETITE — SHUTS OFF THAT DRIVING URGE FOR FOOD — SHUTS OFF GNAWING HUNGER for hours at a time! Actually kills your desire, your craving, your appetite for food from meal to meal! So much so in fact, you aren't lured or tempted by even the most mouth-watering food. Not by ice-cream . . . not by cake . . . not even by the most luscious steak. In a nutshell . . .

YOU'RE SIMPLY TURNED OFF FOOD FOR HOURS AT A TIME

The name of this doctor's wondrous "Coffee-Off" way to Life-time Slimness is "FULL-STOP", because thats just what this medically-proven slim-cube formula does — **brings gnawing, runaway appetite to a dead FULL STOP right in its tracks!** Yes, according to medical experts just one "FULL-STOP" slim-cube in a cup of coffee or tea turns off your appetite INSTANTLY as if it suddenly went to sleep. You simply have no desire to eat for hours on end . . . even if all your life you've been cursed with a non-stop appetite. In fact, so effective is this "willpower-in-a-cube" you may actually have to consciously remind yourself to eat — which the doctor insists on — in order to prevent TOO MUCH WEIGHT-LOSS, TOO FAST!

TURNS A CUPFUL OF COFFEE (or tea) INTO HOURS OF "LIQUID WILLPOWER"

(completely flavorless — affects only your appetite — not your taste.)

Now, just think what this great new development means, if all your life you've had to battle your appetite and struggle with your willpower!

Doctor's "LIQUID-WILLPOWER" DEVELOPMENT Ends Torturous Diet!

It means that instead of battling those mealtime pangs of hunger . . . fighting that maddening urge for food . . . you simply reach for a "FULL STOP" slim-cube instead of fattening food and "sip your appetite to sleep" with this doctors amazing 3-cups-a-day "Coffee-Off" way to AUTOMATIC WEIGHT-LOSS. Because just like water turns off thirst, incredible "FULL-STOP" slim-cubes switch off hunger AUTOMATICALLY all day long! Down goes your appetite — down go the calories — and down goes your weight . . . with a rush!

LIFETIME CONTROL OF YOUR APPETITE FINALLY YOURS — MEANING YOU ARE NOW JUST DAYS AWAY FROM YOUR FIRST STEP TO LIFETIME SLIMNESS!

So if you want to SIP YOURSELF SLIM with this doctor's amazing coffee development . . . if you want to melt away pounds and inches STARTING THE VERY FIRST DAY . . . if you want to try this exciting medically-proven concept that combines both a doctor's scientific development and his full-satisfaction eating program that makes lifetime immunity to fat not a hope but a living reality . . . then take advantage of the no-risk offer described below! Yes, act now on guarantee of full satisfaction or money refunded in full (except postage & handling). Simply return within 10 days.

Remember — this is the last ad for a reducing product you will ever need to read in your life. If you drink coffee . . . or if you drink tea . . . then there is simply not a reason in the world to ever again be embarrassed by a single pound of overweight fat. So why not take the FINAL STEP and get rid of all those excess pounds and inches FOR THE REST OF YOUR LIFE. Act now!

JUST 3 CUPS A DAY HELPS MELT FAT AWAY as you sip yourself thin cupful to cupful with Doctor's LIFETIME SLIMNESS program for AUTOMATIC WEIGHT-LOSS!

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Solving The Energy Dilemma

Q: If American technology could put a man on the moon so quickly, why can't it solve our energy problem right now?

A: The situations are very different. Putting a man on the moon was basically a matter of developing the right technology and securing a strong national commitment behind it. The energy problem is much more complex. It will affect the pocketbook of every American consumer and it will require much more time to resolve.

Q: Is time needed to develop new technology?

A: The situation is more complicated than that. Actually, if all we needed was the right technology to provide clear and abundant electric energy for all Americans, we could probably do that right now. We already know, for example, how to tap the unlimited resources of the sun, and we know that technologies such as fusion and geothermal energy may provide us with enough energy to meet our needs for years and years to come.

Q: Well, then, why do we need more time?

A: Because there's a big difference between knowing how to do something in theory, or on a small scale and actually doing it on a large enough scale to make a significant impact in our society. There are a lot of other factors involved.

Q: Like what?

A: Like almost every facet of our modern-day living. The energy problem is not only a matter of technology, it is very much a matter of economics, and also of the environment, of society's choices, of government regulations, industry, health, and a host of other factors. And they're all interrelated to form one very complex problem. Working this out is going to require a lot of time to achieve balances and reach decisions.

Q: Could you explain the question of economics?

A: Economics play perhaps an integral part in the whole problem. For years Americans have enjoyed relatively inexpensive energy. That's because our predominant fuels—oil and natural gas—have been plentiful. Now we're running low on domestic oil and gas and to rely exclusively on foreign sources would be dangerous to our national security. Therefore, we're going to have to switch to other energy sources that may be more expensive. Like solar, for instance.

Q: Why more expensive? What could be more available than sunshine?

A: That's right. Sunshine is free-for-the-collecting, but the technology needed to produce electricity from it isn't. Right now it's very expensive.

Q: Why is that?

A: Lots of reasons. Solar is a new industry. The equipment hasn't proven yet. There are still questions to be answered. Any new technology requires a period of years of trial, error, and standardization before the costs become low enough that it makes sense economically to use it on a widespread basis.

Q: How long does it usually take?

A: Historically, it has taken 35-50 years for an energy technology to go from the stage where it is deemed feasible on the drawing board to the time that it achieves widespread commercial use.

Q: Well, what about technologies for using coal and nuclear power? Aren't they available right now?

A: Yes, but there are also problems with these resources that have impeded their widespread use. Environmental regulations have limited our ability to use coal which is our most plentiful resource. Nuclear power is a clean and safe source of electricity, but it faces problems with public acceptance and government regulations. Right now, because of all the requirements, restrictions, and delays, it takes at least 10 years for a nuclear power plant to go from the planning to the operation stage.

Q: What is being done to speed up the processes necessary to solve our energy problem?

A: The electric utility industry is working with the federal government and others to find solutions that will allow more widespread use of coal and nuclear power. Because so much time is needed to integrate new energy technologies into our society and make them economical, we have already set the wheels in motion to provide these technologies for tomorrow. Solving our energy problem is going to take time. There are no miracle solutions in sight.

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Mrs. Poole writes that her "Pear Conserve" is delicious with hot buttered biscuits and "it's real good in home-made ice cream, also."

It sounds like a real treat! We can see why her family has eaten "many batches" of her specialty. For an additional idea, Mrs. Poole suggests using fancy jars to turn this into a beautifully delicious homemade Christmas gift.

Mrs. Poole and her family are served by Blue Ridge EMC in Alleghany County.

If you would like to share a recipe with this column, send it to: Country Kitchen, P.O. Box 27306, Raleigh, NC.. 27611. We pay $5 for published recipes.

COUNTRY KITCHEN RECIPE

Submitted by Mrs. Willie Lee Poole, Sparta, N.C.

Pear Conserve

3 doz. large pears
3 large oranges
1 #2½ can crushed pineapple
1 med. bottle maraschino cherries
¾ c. sugar to each cup of pulp

Peel and grind pears and oranges. Add pineapple and sugar. Bring to a boil and simmer 3 to 4 hours, or until a thick syrup consistency. Add finely chopped cherries. Spoon into sterilized jars and cover with parafin.

Shearing

Just what is a "sheep to shawl"? Well, it's everything that must be done to complete a shawl—the entire cloth-making process. Which means, you begin with the wool still on the sheep. That's the way we used to have to do it; and that's the way we did it in Beaufort County as part of the Beaufort County Arts Council's Summer Festival Art Show.

A "sheep to shawl" is a fascinating experience, and one which teaches appreciation for a finely woven piece of fabric. Each step is an art in itself: from raising the sheep to weaving the shawl.

—By Chloe McHorney

From Sheep

Spinning

Weaving

The first step is to raise your sheep—or find some that need shearing. Time was, when most folks had a few sheep, if for no other reason than to mow the pasture or lawn.

Today sheep shearers are about as rare in Eastern North Carolina as are flocks of sheep. So it was just plain good luck that we found Dolan Baker who, as a boy, had sheared herds of sheep in the mountains of Virginia. Dolan uses electric shears now, but he remembers shearing with hand clippers.

Everyone enjoyed the sheep shearing, but none so much as the sheep. They gladly relinquished their coats, although some behaved better than others. One "notorious" ram, Bruce, was not invited to the festivities and had to be sheared at home alone. The shearer often has to sit on Bruce's head to shear him! Poor Bruce.

Once sheared, the sheep's newly cut fleece rolls off looking very much like a sheep skin rug, minus the skin! The final shearing was done on the tail, legs, and head to remove uneven "tags". And do they look funny?! They're quite embarrassed and sometimes lambs don't recognize their own mothers. Each sheep was sheared one at a time, except the spring lambs. They won't be sheared until next year.

Sheep are kindly, humble souls and every year they give up nice four to five-inch coats of wool weighing from six to ten pounds per fleece. Some sheep act very nice; others "cut up" when being sheared just like children getting hair cuts.

Spinning is next. The spinner can either take the wool straight from the sheep "in the grease" or she can wash the wool in "crick water". Our grandmothers had to make this same decision of whether to leave the natural oils (lanolin) in the wool, which they appropriately called "spinning in the grease". So we took it this way and sorted out the finest wool from the back and sides of the fleeces.

The spinner next must decide if the wool should be carded. Carding is the process of combing the wool which removes bugs and trash and straightens the

tangled fibers. If the sheep are fairly clean and the fibers are not tangled, it is possible to spin without carding. Most old-timers, however, carded all of their wool; so did we. Carded wool is called a batt or rolag. Not only the women carded wool—many an old fellow has spoken to me of sitting by the fire and carding batts for his "mammy".

Now the spinner can actually begin to spin. (The preparation for spinning took longer than the actual spinning.) For our "sheep to shawl", we used an adaptation of a flax or saxony treadle wheel. The old wool wheels (also called great wheels or walking wheels) were large and were not as efficient or fast as the smaller treadle-type wheels. It takes many spinners to keep one weaver busy, so we had to work fast.

The dyeing is the next step and lots of fun! As did our grandmothers before us, we used only natural dye

To Shawl

Dyeing

sources. Thus, many lovely hours could be spent wandering and exploring the hillsides and ditchbanks in search of the eternal dye plants. We used old cast iron pots in which to boil and brew up our potions of dye.

The washed yarns were added to our dye baths and simmered; thus, creating a myriad of rainbow colors. North Carolina abounds with good dye sources. We used walnuts, broomsedge (straw) and Queen Anne's Lace and, like magic, we had brown, gold and yellow-green yarns. Pokeberries will yield reds, Marigold and Goldenrod flowers will yield yellow, sassafras leaves or roots will yield peach, red Camellia flowers will yield blue, Bitterweed will yield green—the list is extensive. There is no shortage of dye sources in North Carolina.

And finally the weaver could take her yarns and begin making the cloth or shawl. First, she had to "dress" or warp her loom, a long tiresome job that could take from four to eight hours (or longer for wider pieces). When this was done, she could begin (at last) to weave. So, you see the actual weaving isn't all there is to weaving!

It used to be that we had to make all of our cloth from "sheep to shawl" or "field to tablecloth" (flax or cotton to tablecloth or bedsheet). Grandmother would sit by the fire and spin or weave while the children carded the batts. The whirr of the wheel or clank of the old four-harness looms are a nostalgic and happy sound.

For some, these are fond memories and they're fun to reminisce about. For others, it's a totally new and fascinating experience.

It was a long but very rewarding process. A finished shawl of two or three colors weighing two pounds could easily require 80 hours of hand labor. But, there is no question—it's worth it! That is, of course, if you can choose to do it. I can't help wondering if our grandmothers and great grandmothers were as proud of their efforts.

Having gone from "sheep to shawl," I'd bet they were!"

Chloe McHorney is a Third Century Artist with the Beaufort County Arts Council in Washington, N.C. The artist program is designed to make the public aware of the variety of art forms being practiced by North Carolina artists. Ms. McHorney practices heritage crafts, including such arts as spinning, dyeing and weaving.

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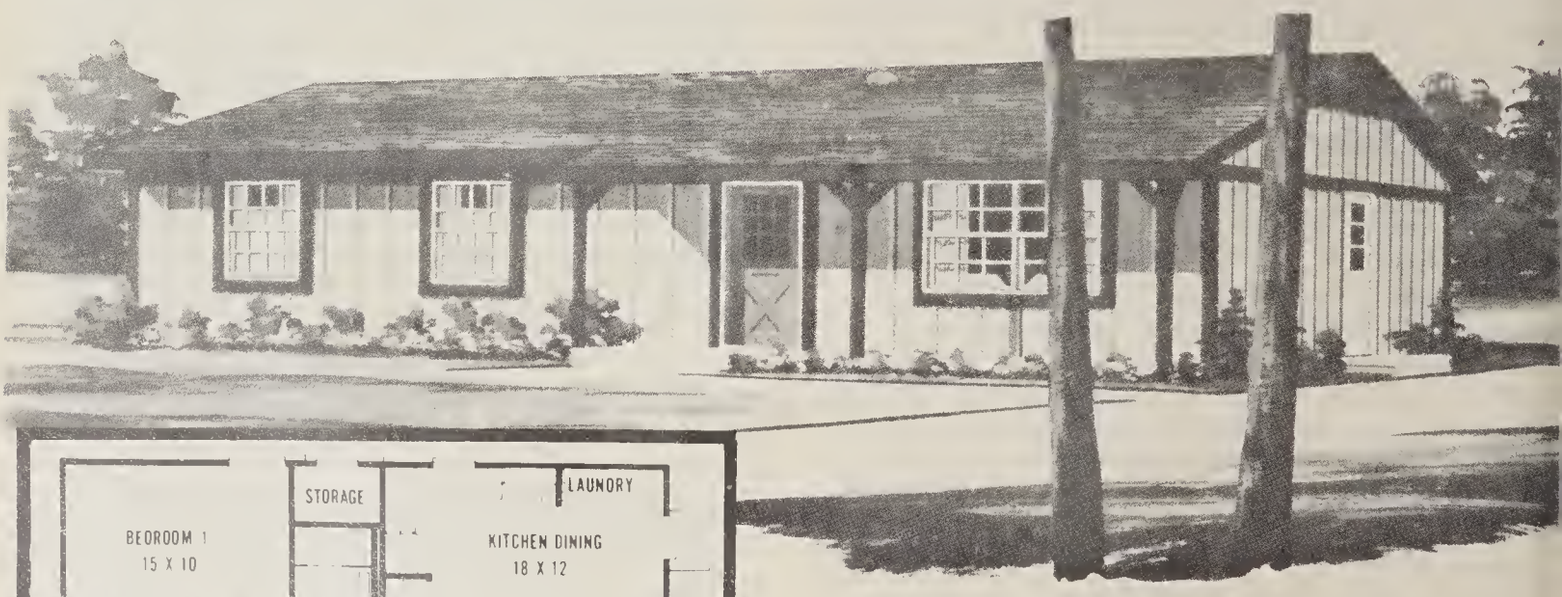

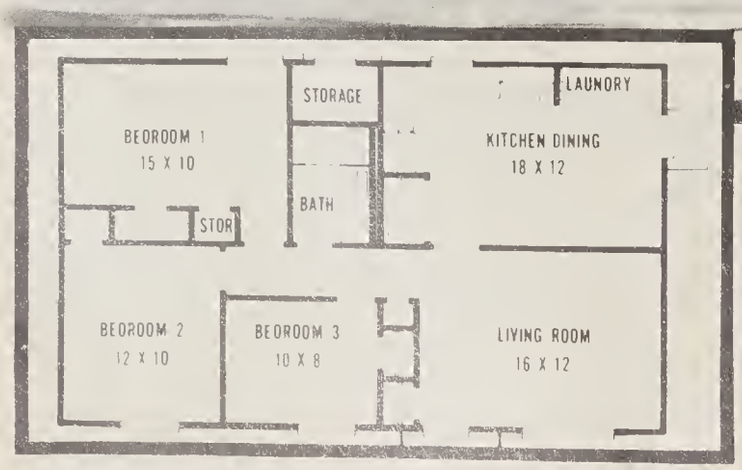

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(Continued from page 11)

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They add atmosphere, but a tremendous amount of heat can be lost up the chimney if you leave the damper open when there's no fire or if you use the fireplace while your electric heat is on. Unless your fireplace is constructed with a vent to bring outside combustion air to the fire chamber, about the only time you can use a fireplace without wasting energy is on chilly days as your only source of heat. And firewood can be a particularly expensive source of heat, unless you can cut your own wood.

Other tips on saving money on your heating bill are available in a free booklet titled "How to Save on Your Electric Bill." Write *Carolina Country*, P. O. Box 27306, Raleigh, N.C. 27611, for your copy.

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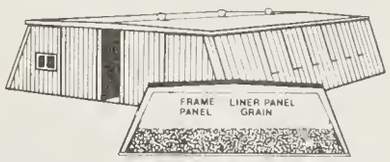

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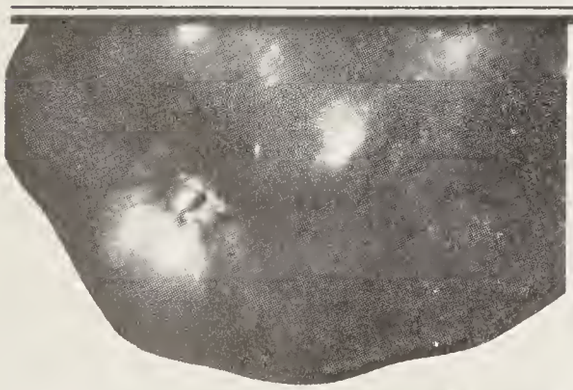

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An Aug. 18 ruling by a Federal Power Commission judge, ordering a $13.5 million rollback in a $33.5 million rate increase proposed by Carolina Power and Light Co. for its electric cooperative and municipal customers, has been described by co-op officials as a "major victory" for those customers.

Judge Declares EMCs' Power Costs Too High By $13.5 Million A Year

The decision not only ruled that the rate increase was too high by about 40 per cent, but also threw out a provision requiring the customers to pay for 95 per cent of their summertime peak-demand all year long, whether or not they actually use that much power, said Alton P. Wall, acting general manager of North Carolina Electric Membership Corporation.

N.C.EMC, the state association of electric cooperatives, represented the 18 EMCs which are served by CP&L in the FPC case. The power company has been charging the rates in question since May, 1976.

Wall said the 95 per cent "ratchet" provision "has substantially increased the cost of wholesale power for the cooperatives and, as a result, has been a real burden to the EMCs and their consumer-members."

Under the ratchet, an EMC is billed each month year-round for 95 per cent of the peak power demand recorded during the period from June through September, even if they use less in a given month.

Wall said the decision by FPC Judge George Lewnes dismissing the ratchet provision could have far-reaching consequences if it is upheld by the entire commission. The full body will review the ruling on an appeal from CP&L.

Meanwhile, the power company will continue to collect the higher rates pending a final decision from the federal agency, which could be many months away.

The CP&L rate increase is the second of three such propositions to be filed with the FPC in the past three years.

An earlier request went into effect in January, 1975, raising rates by 97 per cent or $36 million a year. Negotiations between CP&L and N.C.EMC officials have produced a tentative agreement on the price tag in this case and the agreement has been submitted to the FPC for approval. If approved, the settlement would give the EMCs alone refunds totaling $4 million.

The third rate proposal, calling for an increase of about 8 per cent or $10.5 million a year, is due to become effective on Dec. 29. That request was filed with the FPC in July, but its effective date was postponed for five months on a petition by the EMCs.

"If Judge Lewnes' decision is upheld by the full commission," Wall said, "it'll mean the power company has been collecting excess charges from its co-op and municipal customers for more than a year. In effect, these customers have been forced to lend the company money. Of course, the excess charges would have to be returned with interest," Wall said.

In addition, such a ruling would raise some serious questions about the new rate schedule that's to go into effect in December.

"Those rates are based on an 8 per cent increase over the rates that have now been declared 40 per cent too high, and they also incorporate the 95 per cent ratchet provision."

The 18 EMCs that buy power from CP&L are: Haywood, Waynesville; Pitt & Greene, Farmville; Four County, Burgaw; Piedmont, Hillsborough; Halifax, Enfield; Randolph, Asheboro; Harkers Island; Brunswick, Shallotte; Jones-Onslow, Jacksonville; French Broad, Marshall; Wake, Wake Forest; Tri-County, Goldsboro; Lumbee River, Red Springs; South River, Dunn; Carteret-Craven, Morehead City; Central, Sanford; Pee Dee, Wadesboro; and Tideland, Pantego.

Green Addresses EMC Directors

Health Care Needs Top Priority

Future sessions of the North Carolina General Assembly must give a high priority to meeting the state's serious need for improved health care in rural areas and inner city areas, said Lt. Gov. Jimmy Green, as he addressed the 1977 EMC Directors' Conference in Greensboro.

"This is obviously a very complex problem but we have the expertise in this state, I believe, to solve it," he said.

The rural and inner city areas, Green noted, are plagued with problems relating to marginal or inadequate medical services—due at least in part to difficulties in attracting and retaining doctors. He blamed the "unbelievable" paper work involved in serving Medicaid patients for driving many doctors away from these areas.

Other health care problems which need attention are dental care and pre-natal care, according to Green. He said he knew of nothing that's "more important to the health of our people" than quality dental care, and he emphasized the need to improve North Carolina's infant mortality rate. Only two other states have higher infant mortality rates.

Lt. Gov. Green made his remarks in reviewing the accomplishments of the 1977 General Assembly. He spoke to about 130 EMC directors from across the state who attended the conference August 31-September 1.

Also on the first day's program were Hugh Wells, former general counsel for N.C.EMC, who discussed the role of the new public staff of the State Utilities Commission, which he heads; Lumbee River EMC Manager Derl Hinson, who discussed his EMC's load management program; and officials of Farmers Home Administration and the Rural Electrification Administration, who discussed the FmHA weatherization loan program.

The following day, N.C.EMC Acting Manager Alton P. Wall and Attorney Tom Bolch discussed EMC power supply problems and L. P. Beverage, manager of Four County EMC and chairman of the N.C.EMC Long-Range Study Committee, outlined a proposal for a new structure for the state association.

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Folk Art Center Recalls Tradition

It'll be called a Folk Art Center, but the name offers only a hint of its purpose.

Perhaps no name could really do justice to describing that purpose, for the center will offer a unique blend of educational and entertainment activities while preserving the traditional folk arts of mountain culture.

The facility, now under construction on the Blue Ridge Parkway near Asheville, has been described in various terms by those closest to it:

—"We envision it as a living heritage center," said Robert W. Gray, executive director of the Southern Highland Crafts Guild, a non-profit organization of craftsmen which will operate the center.

—A Guild brochure describes it as offering "a comprehensive folklife program which will encourage and foster active participation by the people in the mountain region and by our nation in the Southern Highland heritage" and cites its basic principle as "continued preservation and dissemination" of that heritage.

—Joan Mondale, wife of the vice president of the United States, called it "a model for innovative cooperation" during ground-breaking ceremonies last June. She was referring to the fact that the center will be operated by the Guild under a cooperative agreement with the National Park Service, which gave the land for it, and the Appalachian Regional Commission, which contributed funds toward the project.

—That agreement says the center's purpose is "to offer and perpetuate a comprehensive program encouraging and fostering public appreciation, participation and understanding of the folk heritage of the Southern Highlands..."

—National Park Service Director Gary Everhardt calls it "a project that will mutually benefit the American citizen, the American craftsperson, the American artist and the communities of the North Carolina region."

—Parkway Supt. Joseph Brown sees it as a place "where people can stop and get a complete picture of the mountain region."

However it's described, the Folk Art Center will "recognize and record our heritage," and encourage people to "experience new ways of seeing beauty in that heritage," said Gray, who has been the guiding force behind the plans for the center over the past 12 years.

1979: Folk Art Center on the Blue Ridge Parkway

Crafts will be a major focus of the center because "more than any other art form, the crafts best express our American tradition and the spirit of the American people," Gray added.

However, other folk arts such as story telling and folk music and dancing will also be represented at the center.

"We felt we shouldn't limit it to crafts because that would be taking it out of the cultural context."

To showcase all of these folk arts, the center will present on-going live demonstrations as much as possible, along with slide and film programs focusing on these arts.

A permanent exhibit of traditional crafts and tools along with special shows of national and international crafts are also planned. And educational programs dealing with the history and heritage of the region will be presented regularly for school groups and the general public.

The $2 million center building will go up on a 16-acre tract on the parkway about half a mile north of U.S 70 behind the Veteran's Administration Hospital at Oteen.

When it is completed in the summer of 1979, it will house a gift shop, library museum, information center, craft and exhibit work area and a 300-seat auditorium.

Plans for the center have evolved over a period of time of more than a decade through discussions between Gray and the various parkway superintendents who've served during that period. The original concept was for a much larger Americana center in the Blowing Rock area featuring a crafts village, a series of demonstration buildings, a grist mill and other attractions.

Those plans were gradually scaled down and then pared again when the final site was selected.

The construction is being handled in a manner that typifies the cooperative relationship between the Guild and the Blue

Ridge Parkway which has marked the project for its earliest beginnings.

The Guild is financing the construction, but the Guild's architect and parkway engineers are working together on inspections and will make joint decisions on any changes that are needed as the work progresses.

Once the center is completed, it will become the property of the National Park Service and the Guild will operate it under a 20-year contract with the service. As part of the agreement, the center will become the headquarters for the Guild's overall opertions.

Funds for the construction will come from various sources, including foundation grants, indiviudal and corporate gifts and a contribution from the Appalachian Regional Commission.

In making its contribution, the commission stipulated that the facility must always be used as a Folk Art Center. The agency is supporting the project because it feels the center will be a showplace for the entire region, with tremendous economic implications for the thousands of craftsmen who live and work in the area.

Gray agrees the center will generate econimc benefits, but he feels its primary function will be to preserve the traditions of Southern Highland culture.

"This gives us the roots on which we build a foundation. It gives future craftsmen an opportunity to see what's gone on in the field before them. It's like studying history—we study it to improve our situation in the future, although we don't always learn from it.

"Otherwise, the craftsman of the future won't know what his roots are. This is why it's so important." *(Owen Bishop)*

Preserving Our Heritage:

The potter's wheel is but one of the crafts to be represented.

About The Guild

The Southern Highland Crafts Guild, which will operate the Folk Art Center, is a non-profit corporation serving about 2,000 craftsmen in the nine Appalachian region states.

It operates four fulltime crafts shops—two in Asheville and one each in Blowing Rock and Bristol, Virginia—and sponsors large annual crafts fairs in Asheville and Knoxville, Tenn., as well as regular traveling crafts exhibits.

In addition, the Guild maintains a warehouse of crafts items for wholesale marketing to gift shops. It also offers educational programs and a resource library to assist members in improving their skills.

The Guild is seeking gifts and foundation grants to help finance the $2 million Folk Art Center, although no public fund-raising campaign is planned.

For additional information about contributions, write to Robert W. Gray, Executive Director, Southern Highland Crafts Guild, 15 Reddick Road, Asheville, 28805.

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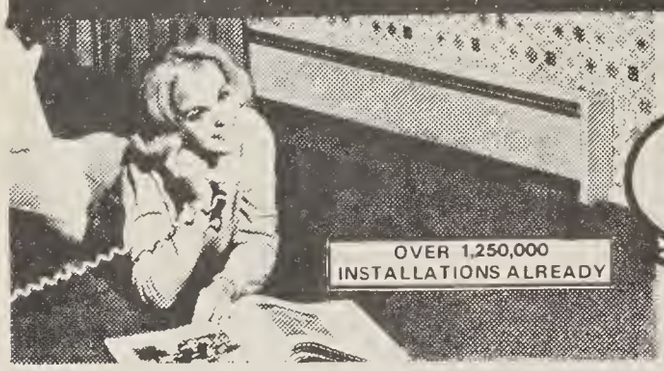

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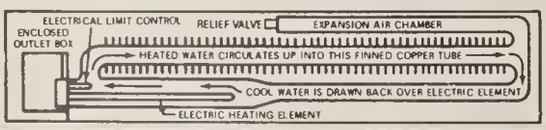
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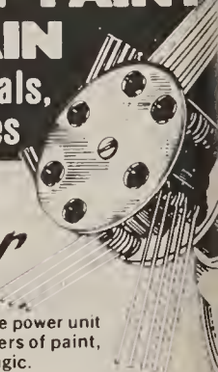

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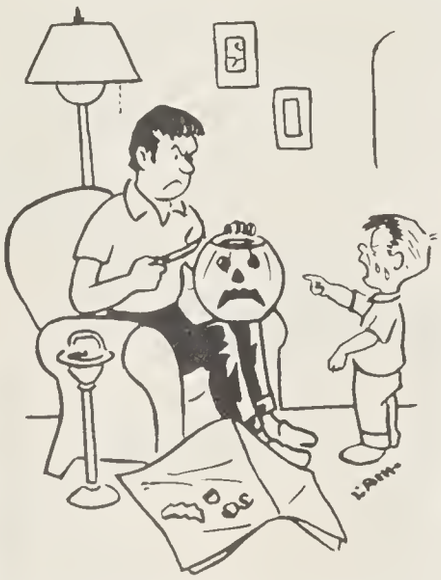

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What do you think of the U.S. converting to the metric system?

Youth Forum

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Sandy Murphy
Sparta

Sandy is 15 years old. She enjoys riding horses and reading. She and her parents, Mr. and Mrs. Robert C. Murphy, are served by Blue Ridge EMC.

"I don't think it's a good idea for every one to switch over to the metric system. It's fine for medicine and exports, but not for every one else. It would be hard for some people to learn it and many wouldn't try. This would cause problems for them if they went on trips or even went shopping. I say they shouldn't convert."

Tammi-Sue Sellati
Indian Trail

Tammi-Sue attends the eighth grade at Sun Valley Middle School. She likes to read, sing and listen to the radio. She and her parents, Mr. and Mrs. Robert Sellati, are served by Union EMC.

"I think that the metric system is going to have a big effect on the lives of the American consumer. Businessmen will be ripping off consumers, and they will be getting less for their money and not even know it. Who is going to pay for all these necessary changes? It's not going to be big business or the stockholder. It's going to be consumers. The all-American consumer is going to be hurt a great deal by the metric system."

Doretta Locklear
Red Springs

An eighteen-year-old who enjoys dancing and swimming, Doretta and her parents, Mr. and Mrs. Clyde Locklear, are served by Lumbee River EMC.

"I don't think the U.S. should change the number system to the metric system. Most people 30 years of age have never heard of the metric system and don't care to learn about it. If it was changed I feel that people would be over-charged by store clerks. With prices the way they are today, we certainly don't need to be over-charged."

Sherry Faircloth
Salemburg

Sherry is a ninth grader and enjoys doing anything outdoors. Her family is served by South River EMC.

"I think the metric system is a good idea. It is based on prefixes. Most Americans think it's dumb to change after all these years, but it isn't. The United States is losing money because we haven't changed. Some countries won't take our exports because they're not metric. We are the only country that has not changed."

Karl Bohmuller
Newport

Karl is a freshman at West Carteret High School. He enjoys playing baseball and basketball, as well as motorcycle riding and swimming. He and his parents, Mr. and Mrs. Fredrick Bohmuller, are served by Carteret-Craven EMC.

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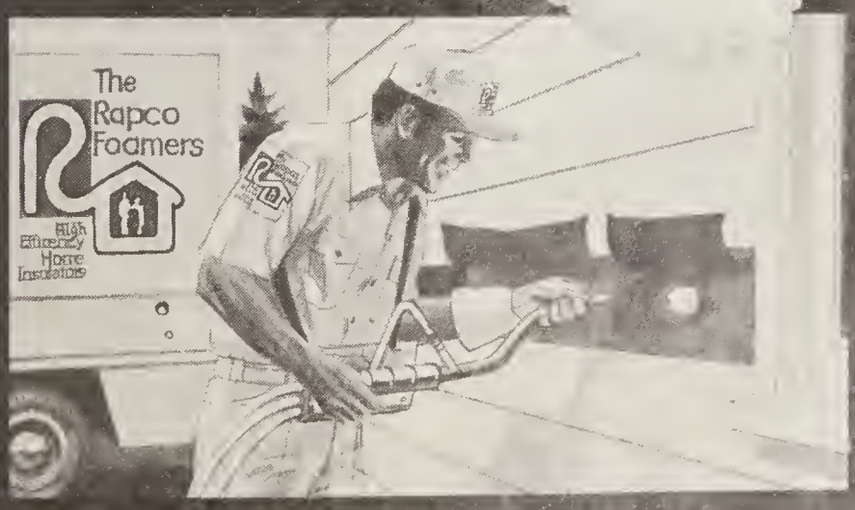

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